



A reminder from the Hawaii State Department of Health and its community partners.



# Fall-proof yourself AND your home.

Falls are the leading cause of fatal injuries among seniors in Hawaii. Home is where 75% of falls occur for those 65 or older.

## NO GET HURT Hawaii

### To prevent falls:

- Make your home safer – remove clutter and improve lighting
- Install bath grips and use non-slip mats under rugs, and in your tub or shower
- Exercise regularly for balance and strength (e.g. tai chi and walking)
- Some medicines cause dizziness. Review medications with your doctor or pharmacist.
- Have your vision checked at least once a year

*Injuries are preventable.*

[www.nogethurt.hawaii.gov](http://www.nogethurt.hawaii.gov)